

# Nutritional Guide



This is the most complete guide to the foods that will best support you in following Dr. Sebi's recommended diet.

## We are not medical doctors

We are not doctors and therefore we do not diagnose illness nor do we prescribe medicines. As Nutritional Consultants trained by Dr. Sebi, we only make suggestions relating to nutrition. None of the information here is intended to replace treatments or therapies prescribed by a physician nor will any of it conflict with treatments or medicines prescribed by your physician.

## Vegetables

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| <ul style="list-style-type: none"><li>• Amaranth greens (Callaloo, a variety of greens)</li><li>• Avocado</li><li>• Bell Peppers</li><li>• Chayote (Mexican squash)</li><li>• Cucumber</li><li>• Dandelion greens</li><li>• Garbanzo beans</li><li>• Green banana</li><li>• Izote (Cactus flower/cactus leaf)</li><li>• Kale</li><li>• Lettuce (All, except Iceberg)</li><li>• Mushrooms (All, except Shitake)</li><li>• Nopales (Mexican cactus)</li></ul> |  | <ul style="list-style-type: none"><li>• Okra •</li><li>• Olives •</li><li>• Onions •</li><li>• Poke salad (Greens) •</li><li>• Sea Vegetables (Wakame/dulse/aramé/hijiki/nori) •</li><li>• Squash •</li><li>• Tomato (Cherry and plum only) •</li><li>• Tomatillo •</li><li>• Turnip greens •</li><li>• Zucchini •</li><li>• Watercress •</li><li>• Purslane (Verdolaga) •</li></ul> |
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## Fruits

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| <ul style="list-style-type: none"><li>• Apples</li><li>• Bananas (The smallest one or the Burro/midsize/original banana)</li><li>• Berries (All varieties)</li><li>• Elderberries in any form (No cranberries)</li><li>• Cantaloupe</li><li>• Cherries</li><li>• Chirimoya (Sugar apples)</li><li>• Currants</li><li>• Dates</li><li>• Figs</li><li>• Grapes (Seeded)</li><li>• Limes (Key limes, with seeds)</li></ul> |  | <ul style="list-style-type: none"><li>• Mango •</li><li>• Melons (Seeded) •</li><li>• Orange (Seville or sour preferred, difficult to find) •</li><li>• Papayas •</li><li>• Peaches •</li><li>• Pears •</li><li>• Plums •</li><li>• Prickly Pear (Cactus fruit) •</li><li>• Prunes •</li><li>• Raisins (Seeded) •</li><li>• Soft Jelly Coconuts •</li><li>• Soursops (Latin or West Indian markets) •</li><li>• Tamarind •</li></ul> |
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## Natural Herbal Teas

- Anise
- Burdock
- Chamomile
- Elderberry
- Fennel
- Ginger
- Raspberry
- Tila



## Grains

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Tef
- Wild Rice



## Nuts & Seeds

(Including Nut & Seed Butters)

- Hemp Seeds
- Raw Sesame Seeds
- Raw Sesame “Tahini” Butter
- Walnuts
- Brazilian Nuts



## Oils

- Olive Oil (Do not cook)
- Coconut Oil (Do not cook)
- Grapeseed Oil
- Sesame Oil
- Hempseed Oil
- Avocado Oil



## Spices & Seasonings

### Mild Flavors

- Basil
- Bay leaf
- Cloves
- Dill
- Oregano
- Parsley
- Savory
- Sweet Basil
- Tarragon
- Thyme



### Pungent & Spicy Flavors

- Achiote
- Cayenne/ African Bird Pepper
- Coriander (Cilantro)
- Onion Powder
- Habanero
- Sage



### Salty Flavors

- Pure Sea Salt
- Powdered Granulated Seaweed
- (Kelp/Dulse/Nori – has “sea taste”)



### Sweet Flavors

- Pure Agave Syrup (From cactus)
- Date Sugar



## Important Things to Remember

- If a food is not listed in this Nutritional Guide, it is NOT recommend.
- Drink one gallon of natural spring water daily.
- Take Dr. Sebi's products one hour prior to pharmaceuticals.
- All of Dr. Sebi's products may be taken together with no interaction.
- Following the Nutritional Guide strictly and taking the products regularly, produces the best results with reversing disease.
- No animal products, no dairy, no fish, no hybrid foods and no alcohol.
- Natural growing grains are alkaline-based; it is recommended that you consume only the grains listed in the Nutritional Guide instead of wheat.
- Many of the grains listed in the Nutritional Guide are available as pastas, bread, flour or cereal and can be purchased at better health food stores.
- Dr. Sebi's products are still releasing therapeutic properties 14 days after being taken.
- Dr. Sebi says, “Avoid using a microwave, it will kill your food.”
- Dr. Sebi says, “No canned or seedless fruits.”